



COUNTYWIDE FITNESS CHALLENGE 2014



A DAY OF FAMILY FUN

CHILL OUT!

Join us for power walks, yoga, and healthy cooking demonstrations.

EVENT SPONSOR



Dockweiler Youth Center

12505 Vista del Mar
El Segundo, CA 90245
4th Supervisorial District

BEACH FITNESS SESSIONS
"CELEBRITY CHEF"
HEALTHY COOKING DEMOS
BEACH VOLLEYBALL
HEALTHY SNACKS
FREE GIVEAWAYS
DRAWING PRIZES

Saturday, August 23, 2014
8:00 a.m. – Noon

RSVP to secure your giveaway
at <http://dhr.lacounty.info>

